

BEGINNING KITEBOARDING CLINIC DAILY SCHEDULE

SESSION I – JULY 13th-17th

Monday	Tuesday	Wednesday	Thursday	Friday
2:00 Welcome! Introductions, Attendance & Stretch	2:00 Attendance & Stretch - Review of Kiting Technique and Water Safety	2:00 Attendance & Stretch - Kiting talk questions and answers	2:00 Attendance & Stretch - Kite History	2:00 Attendance & Stretch
2:15 ★ Beach Instructions ★ Introduction to Kite Equipment. ★ Safety.	2:15 ★ Stunt Kite Practice ★ Basic Trainer Kite	2:15 ★ Rigging LEI Kites	2:15 ★ Rigging LEI Kites ★ Continue Practice Flying LEI Kites	2:15 ★ Body Drags in the water with Instructor using LEI Kites
3:15 Nutrition Break	3:15 Nutrition Break	3:15 Nutrition Break	3:15 Nutrition Break	3:15 Nutrition Break
3:30 ★ Basic Trainer Kite Technique ★ Flying Small Stunt Kite.	3:30 ★ Stunt Kite Practice	3:30 ★ Introduction to Flying LEI Kites (Leading Edge Inflatable)	3:30 ★ Beach Flying LEI Kites	3:30 *Continue Body Drags *Introduction to Board Skills time Permitting
4:30 Swim Test				
5:00: Parent Pick-up ON BEACH	5:00: Parent Pick-up ON BEACH	5:00: Parent Pick-up ON BEACH	5:00: Parent Pick-up ON BEACH	5:00: Parent Pick-up ON BEACH